



# NIGHTINGALE



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Available for sessions with individuals on Wednesday 10am – 8pm and Thursday 10am – 2pm face to face La Belle Place, Glasgow and online. Fees £75 per session

## Therapy with Anne A Professional Profile

From the moment you meet Anne, you're likely to feel her warmth and easy-going friendliness. As the newest member of the Nightingale team, we're absolutely delighted to welcome her.

Anne truly reflects what counselling is all about — being supportive, encouraging, and helping people feel comfortable and at ease. Feeling safe with your counsellor is such an important part of therapy, and Anne has a natural way of helping clients relax and feel understood from the very first session. Her genuine passion for counselling really shines through in everything she does.

Anne works with adults and young people aged 16 and over. She has a particular gift for connecting with younger clients, offering understanding, trust, and a supportive space where they can feel heard and grow with confidence. She's also a mum to two young adults, which brings an added depth of understanding to her work.

Before training as a counsellor, Anne worked in café and restaurant management. She's an exceptional cook and still spends part of her week doing what she loves in the kitchen.



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## TRAINING & QUALIFICATIONS

- Masters of Arts degree in Psychology and Art History - Glasgow University
- Post Graduate Certificate of Education (primary education) Strathclyde University.
- Diploma in Cognitive Behavioural Therapy and Groupwork.

## AREAS OF EXPERTISE

- Low self esteem,
- Anxiety
- Depression,
- Social anxiety.
- OCD,
- Phobias,
- Health anxiety,
- Panic disorder,
- ADHD Coaching for young adults and adults
- Young adult issues
- Trauma

Anne also works with clients diagnosed with ADHD, offering a supportive approach that combines both therapy and coaching.



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## TESTIMONIALS

“Everything I have changed and learned about myself would not have been possible with any other counsellor. Anne has honestly created such a warm, supportive and safe environment that has allowed me to truly dig deep. How I used to deal with stress no longer serves me – I have now changed this, which is massive” Gillian

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“These therapy sessions have been transformative, particularly around moving on from grief. Anne was extremely professional and well organised for each session which made it easier for me to make real progress using the strategies and tool kit she provided” Helen

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“CBT changed my life. The tools that I was shown not only changed my mindset but actually helped me heal, love and care for myself. Anne was compassionate, honest and open. I was always so scared about therapy but now thanks to her I am so grateful” Nicole.

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“There are very few people in life who can walk in and change someone else’s. Anne walked into my life when I needed her. The safe space she provided to allow me to be truly honest with myself. Her warmth and empathy have all combined to make real changes; the extra mile she went to learn new techniques to help me” Allison

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“I just want to thank you for everything you’ve done for me, helping me on my healing journey and being a trusting ear. You are amazing at what you do” Natalie

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“Hi Anne 🥰 I want to thank you for your help and support through our CBT sessions. I felt we clicked on that first meeting. Working with you has helped me build on my self confidence and helped me manage overwhelming situations. I’ll continue to use the CBT tools you gave me. I’m thankful for the experience of working with you x”

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“Hi. I have had the pleasure of speaking to Anne over the last 3 months. She has helped me considerably and helped me with coping strategies. I will always be grateful for her professionalism and encouragement. Anne helped lift me from a dark place back into the sunshine 🌞.”

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“Hi, I would like to express my sincere thanks to Ann, without her help, support and guidance I really don’t know where I would be. I feel so much better after having her just listen to all my issues and working on a plan with me one a a time to help me be in a better place, thank you Anne you are nothing short of a miracle in my eyes who has a natural ability to understand people. I would highly recommend anyone with issues to meet up with her. Thanks again”



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“Anne was very helpful in rationalising all the noise and rumours I had in my head, the therapy journey felt natural and paced according to my needs, and I’ve always found a welcoming and listening space every time I joined a session.”

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“Anne instantly made me feel comfortable and supported in my first session. She helped me identify and understand patterns in my thinking that were leading to my high anxiety levels. Anne led me through CBT systematically and with care which stopped me from becoming overwhelmed. I would definitely work with Anne again in the future”

